



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: CELERY STICKS

Packed with flavour whether they're used raw or cooked; celery sticks really are a versatile ingredient! One large stalk contains just 10 calories and lots of fibre, making this vegetable great for bulking up a meal.



4. CHORIZO & BEAN SOUP WITH TOSTADAS

 30 Minutes

 2 Servings

This warming chorizo and white bean soup is not only delicious, but also incredibly tasty! Plus, the homemade cheesy tostadas are perfect for dipping.

FROM YOUR BOX

SPRING ONIONS	1/3 bunch *
CHORIZO	1
CARROT	1
CELERY STICK	1
TOMATO PASTE	1 sachet
WHITE BEANS	400g
RICOTTA CHEESE	1/2 tub (125g) *
CHIVES	1/2 bunch *
FLATBREADS	1 packet
BABY SPINACH	1/2 bag (100g) *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, dried oregano, smoked paprika, red wine vinegar

KEY UTENSILS

saucepan, frypan

NOTES

Freeze leftover flatbreads. They defrost quickly in room temperature.

You can also cook the tostadas in a panini/sandwich press.

No pork option - chorizo is replaced with chicken mince. Increase oregano and paprika to 1 tsp of each. Cook for 3-4 minutes before adding vegetables.

No gluten option - flatbreads are replaced with GF wraps.



1. COOK THE ONION

Heat a large saucepan with **oil** over medium-high heat. Slice and add spring onion with **1/2 tsp oregano and 1/2 tsp paprika**. Cook for 4-5 minutes until softened. Dice and add chorizo.



2. ADD THE VEGETABLES

Dice (or grate) carrot and celery. Add to pan as you go. Cook for 3 minutes, then add tomato paste and drained beans with **1/2 litre water**. Cover and simmer for 10 minutes.



3. PREPARE THE TOSTADAS

Mix ricotta, chopped chives (reserve a little for serving), **1 tsp smoked paprika, salt and pepper**. Spread on one half on 2-3 flatbreads (see notes).



4. FRY THE TOSTADAS

Heat a frypan over medium heat (see notes). Fold tostadas, drizzle with **oil** and fry in pan for 2-3 minutes on each side or until golden.



5. ADD THE SPINACH

Add spinach to the soup. Cook for 2-3 more minutes until wilted, then season with **salt, pepper and 2 tsp vinegar**.



6. FINISH AND PLATE

Serve soup in bowls and accompany with sliced tostadas. Sprinkle with reserved chopped chives.

How did the cooking go? We'd love to know - help us by sharing your thoughts!
Want to chat? Call us Mon-Tue 8.30am-6.00pm, Wed-Fri 8.30am-4.00pm on 1300 135 660 or text us anytime on 0481 072 599.

